| Nutrition Education Lesson Third Grade (TL-3-3) |   |              |                           |  |
|---|---|--------------|---------------------------|--|
| Nutrition                                       | This lesson is designed to increase students' knowledge of the health benefits of drinking milk.  |              |                           |  |
| constructs Iowa Core                            |   |              |                           |  |
| Supplies  | Physical Activity Card Set (provided), examples of "Got Milk" posters, paper, crayons, or markers   | Time         | 30-45 minutes,            |  |
| needed  |   | required     | depending on sharing time |  |
| Before the lesson                               | <ul> <li>Access "Got Milk" posters online (http://www.milkdelivers.org/got-milk-campaign/) and be prepared to show students a few examples.</li> <li>Look at the activity below and customize expectations to the needs of your students.</li> </ul>  |              |                           |  |
| Lesson  | <ol> <li>Begin this lesson by doing a few minutes of physical activity with your students. Choose an activity from the physical activity card set provided. Take the opportunity to remind your students how important it is to be active throughout the day to keep our bodies and minds strong.</li> </ol>  |              |                           |  |
|   | <ol> <li>Review the health benefits of milk with the students including:         <ul> <li>a. Milk has vitamin D and calcium which help build strong bones and teeth.</li> <li>b. The protein in milk builds muscles and helps kids grow.</li> <li>c. Skim and 1% milk have all of the same healthy things in them with less fat and calories than whole or 2% milk.</li> <li>d. Milk has vitamins and minerals our bodies need that other drinks don't.</li> <li>e. Ask students if they have other benefits to add.</li> </ul> </li> <li>3. Show students examples of "Got Milk" posters.</li> </ol> |              |                           |  |
|   |   |              |                           |  |
|   | <ul> <li>4. Tell students today they're going to create their own "Got Milk" posters. The purpose of the posters is to enco poster should include (customize expectations): <ul> <li>A spokesperson – be prepared to discuss why you chose them.</li> <li>A tag line – what does drinking milk do for the person in the ad?</li> <li>At least two supporting facts about the health benefits of milk.</li> </ul> </li> </ul>  | urage kids t | o drink milk. Each        |  |
|   | <ol> <li>Give students time to work and then take time to have each student share their work. Encourage each student<br/>be the spokesperson, their tag line and their supporting facts.</li> </ol>   | to share w   | ho they chose to          |  |
|   | 6. Display the posters in the classroom or hall.  |              |                           |  |